

Methacton Food Service Committee

January 4th, 2022



Welcome!

Enjoy the samples:

- Baked Potato w/ Diced Ham, Broccoli & Cheddar Cheese
- BBQ Pulled Pork w/ Mixed Vegetables



Welcome!



Zachary Lindeman

Food Service Director

Aramark at Methacton School
District

About Aramark

- Aramark serves over 2 million K-12 students daily in over 450 districts across the country
- Aramark services West Chester University, Temple University, Yosemite and Denali National Parks, Citizen's Bank Park, Adventure Aquarium in Camden, Red Rocks Amphitheater, Super Bowl LII

Aramark and Methacton

- Partners with Methacton since 2011
- Aramark Team: 24 employees
 - Food Service Director (FSD): Zachary Lindeman
 - Administrative Assistant: Patricia Newell
 - Each school has a Cafeteria Manager:
 - Jennifer Rosen – Arcola & Skyview
 - Amy Shoemaker – MHS
 - Leslie Vernacchio – Eagleville
 - Vera Uhrich – Arrowhead
 - Tina Cusamano – Woodland
 - Fran Monastero - Worcester
- Aramark FSD provides weekly report to Superintendent, monthly report to administration & meets monthly with Methacton Business Office

Cafeteria Program Overview

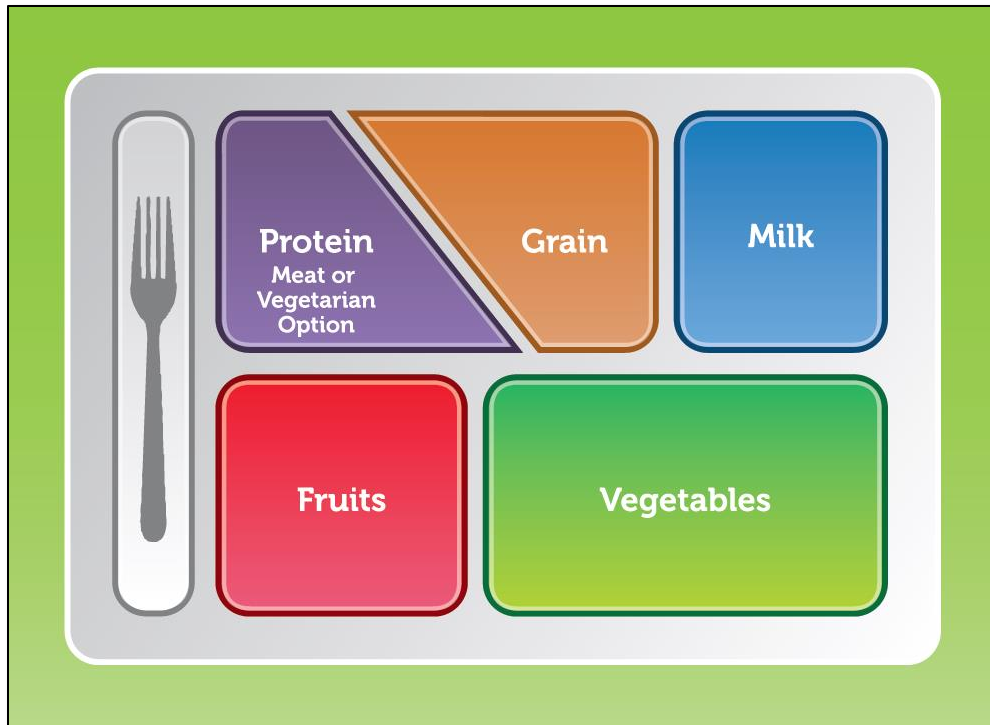
- Aramark operates under the USDA's National School Lunch & School Breakfast Programs
 - Nutrition regulations for all items sold in schools
 - Free and reduced meals for students that qualify
- Breakfast is offered everyday, at every school, to every student



USDA Nutrition Standards

- Strict limits on calories, saturated fat, sodium
- No trans fats
- Sets minimum amounts of fruits, vegetables, grains and protein to be served per day & per week
- Specifies vegetable color sub-groups to be served weekly
- Milk must be either low fat (unflavored) or fat free (flavored and unflavored)
- All grains must be whole grain rich

USDA Nutrition Standards



- Required to offer foods from 5 different food groups
- Students must select foods from at least 3 food groups, with one of the 3 being a $\frac{1}{2}$ cup vegetables, $\frac{1}{2}$ cup fruit or 4oz fruit juice serving

Smart Snacks in Schools

- All snacks sold meet the USDA Smart Snacks Matrix for in school standards
 - Limits calories, sodium, fat and sugar and require that all grains be whole grain rich
- Smart Snack standards also cover beverage choices as well
- Fresh fruits and vegetables are available for purchase as a snack for \$0.75



Menu Planning Process

- Create a 5-week cycle menu via Aramark menu software
- Once cycle starts, staff & FSD analyzes service results weekly
 - Student purchases are actually “voting” every time they make a food purchase
 - Able to remove or add menu items
- Aramark menu considerations
 - Popular vs. less popular entrees
 - Student feedback
 - Samplings for new products
- Ensure that menu meets USDA nutrition standards

Top Challenges

- USDA Regulations
 - Keeping nutrition at correct minimums & maximums
- Finding a balance between what students want and what parents want students to have
- Consumption of fruits and vegetables
 - Actively offering options to students to get participation & engagement



Food Service Program Highlights

What is included in a lunch meal?



- Protein & Grain Entrée
- Choice of 8oz Milk
- Whole Fruit or Fruit Juice
- Daily Vegetable

Students may select up to (3) additional fruit & vegetable servings when purchasing a meal

Participation Rates

Daily Participation:

Breakfast: 2% (111 breakfasts/day)

Lunch: 30% (1,379 lunch meals/day)

A la Carte: 48% (2230 purchases/day)



Breakfast

- Served daily at all schools
- Students that qualify for free or reduced lunch also qualify for free or reduced breakfast
- Daily Offerings: Entrée, yogurt, string cheese, cereal cup, assorted whole grain muffins, benefit bars, bagel & cream cheese
- Breakfast Deals: National School Lunch Program, \$1 Breakfast Day, \$2 Breakfast Day



Elementary Highlights

- Offered Daily
 - Main Entree
 - Salad of the Day
 - Sunbutter and Jelly
 - Hummus Pack
 - Cheese Sandwich
- New fruits & vegetables
 - Zucchini
 - Cauliflower
 - Dragonfruit
 - Blood Orange
- “I Tried It!” stickers for students

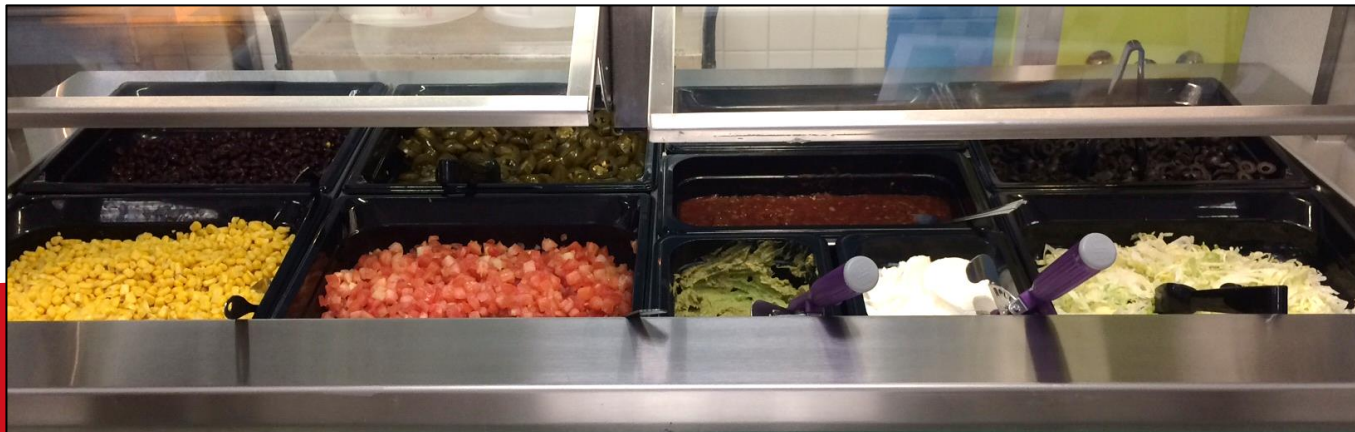


Arcola Highlights

- Grill Station w/ toppings bar
- Fresh baked pizza
- Bistro Station – made to order tacos, nachos, bowls
- Salad bar also offered at bistro station
- Grab n’ Go Salads and Sandwiches
- Hummus pack lunch offered daily
- Cashless “Express” Register



Arcola Bistro



MHS Highlights

- Pre-Made sandwiches & wraps
- Grab n' Go grill station
- Fresh baked pizza
- Tortilla Flats - Customized tacos, nachos & bowls
- Main Plate - Rotating homestyle entrees
 - Flashback Friday menu
- Grab n' Go salads & sandwiches
- Hummus bento box w/ flatbread offered daily
- Java City fresh brewed coffee and tea station



MHS Deli Pre-Order



Deli Pre-Order Form

Name: _____ ID#: _____

Lunch Period: _____ Date: _____

For the week of the date listed above, clearly circle the days you wish to have your sandwich premade.

Orders must be submitted by 9:30am and will be available for pick up next to the deli line.

MON TUE WED TH FRI

Mark your selections:

Bread:

- ◊ Wrap
- ◊ Hoagie Roll
- ◊ Sliced Bread
- ◊ Kaiser Roll

Cheese:

- ◊ American
- ◊ Cheddar
- ◊ Provolone
- ◊ Swiss
- ◊ Pepperjack

Toppings

- ◊ Lettuce
- ◊ Spinach
- ◊ Tomato
- ◊ Red Onion
- ◊ Banana Peppers
- ◊ Jalapenos
- ◊ Pickle Slices
- ◊ Pickle Spears

Protein:

- ◊ Chicken Tenders (Premium)
- ◊ Spicy Breaded Chicken
- ◊ Turkey
- ◊ Ham
- ◊ Roast Beef
- ◊ Tuna Salad
- ◊ Chicken Salad

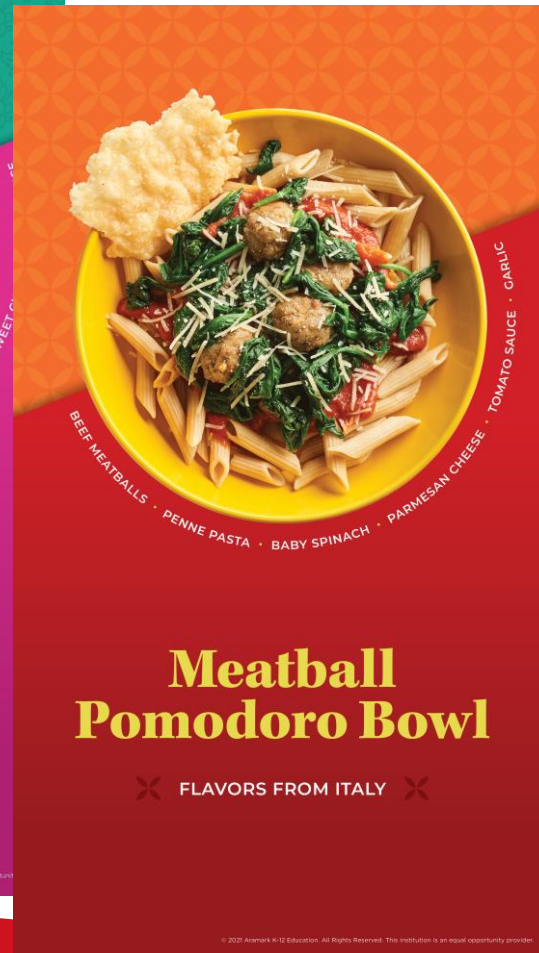
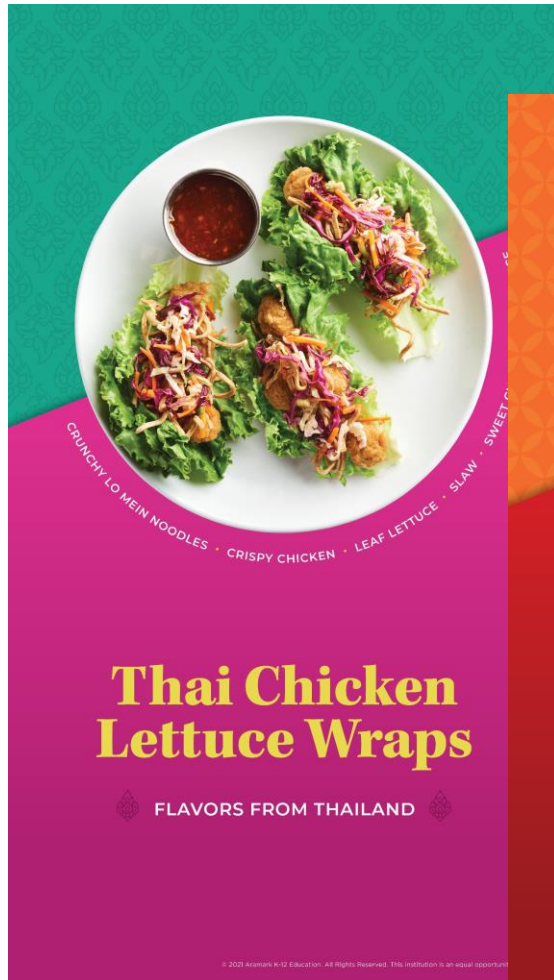
Dressing:

- ◊ Mayo
- ◊ Sriracha Mayo
- ◊ Honey Mustard
- ◊ Ranch
- ◊ Caesar
- ◊ Buffalo Sauce
- ◊ BBQ Sauce

Extras:

- ◊ Bacon (Premium)

Monthly Fuel Promotions



Limited Time Offers (LTOs)

Exciting new recipes and flavor combinations offered for a limited time at Arcola and MHS

Examples:

- Thai Chicken Lettuce Wraps
- Meatball Pomodoro Bowl

Farm to School

- New partnership with SmartPartners LLC & The Common Market of Philadelphia to source local produce
- Recently offered puri-puri melon, yellow dragonfruit, honeydew, white grapes & starfruit
- Will be utilizing local vendors again in the school year

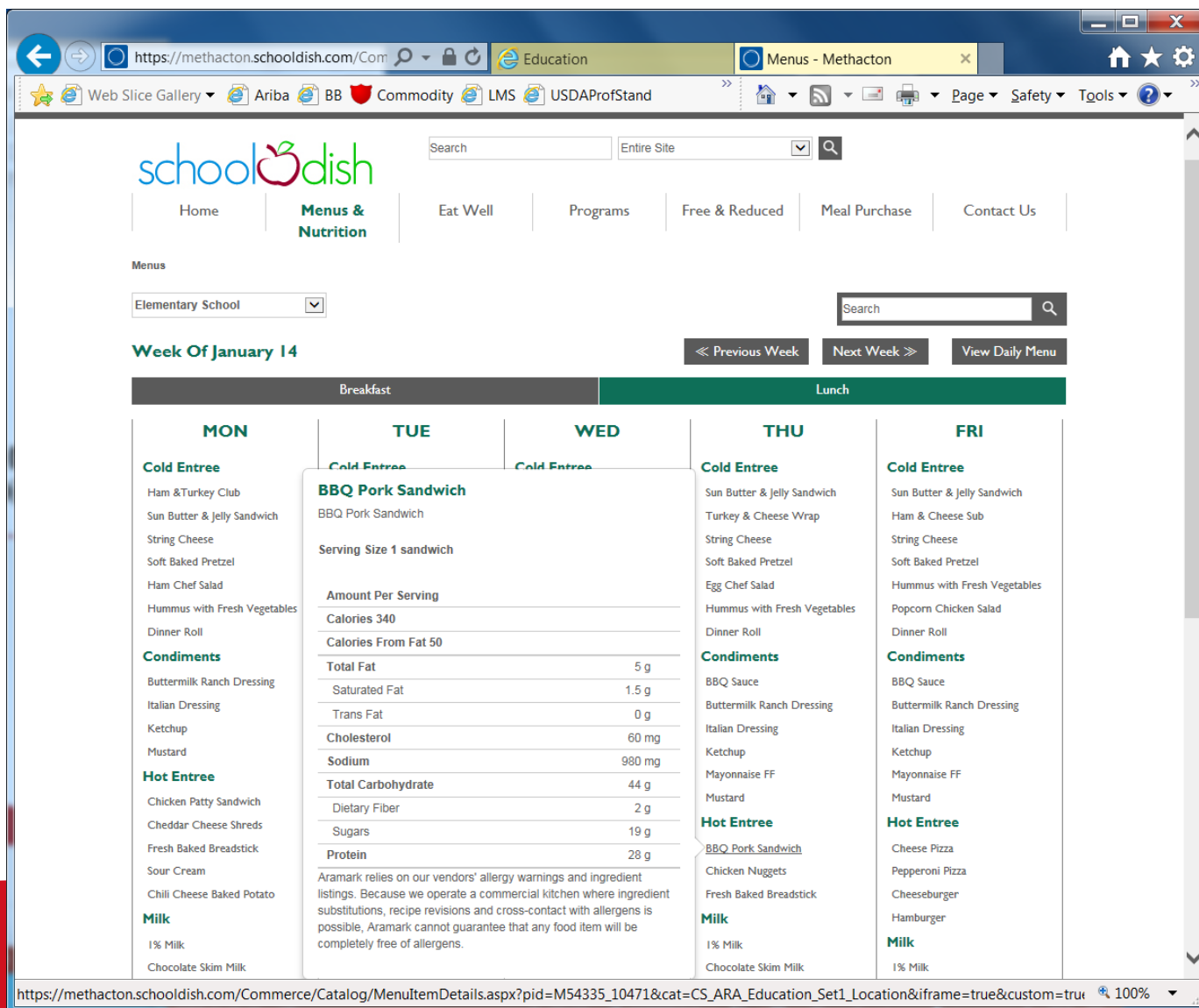


DOD Produce Program

- Allows us to utilize our commodity allotment for fresh produce or to backfill main offerings
- Aramark will be using the program primarily for offering specially sourced/new produce choices at all schools



Nutrition Website



The screenshot shows the website https://methacton.schooldish.com/Commerce/Catalog/MenuItemDetails.aspx?pid=M54335_10471&cat=CS_ARA_Education_Set1_Location&ifram=true&custom=true. The page displays the menu for the week of January 14, with a detailed view of the BBQ Pork Sandwich.

Menu Details:

- Search:** Search bar and dropdown menu for "Entire Site".
- Navigation:** Home, Menus & Nutrition, Eat Well, Programs, Free & Reduced, Meal Purchase, Contact Us.
- Menus:** Elementary School dropdown, Search bar, Previous Week, Next Week, View Daily Menu.
- Week of January 14:**
 - Breakfast:** MON, TUE, WED, THU, FRI.
 - Lunch:** MON, TUE, WED, THU, FRI.

BBQ Pork Sandwich Nutrition Facts:

Amount Per Serving	
Calories	340
Calories From Fat	50
Total Fat	5 g
Saturated Fat	1.5 g
Trans Fat	0 g
Cholesterol	60 mg
Sodium	980 mg
Total Carbohydrate	44 g
Dietary Fiber	2 g
Sugars	19 g
Protein	28 g

Aramark relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

Catering



Community Engagement

Aramark connects with parents & students at advisory committee meetings, back to school nights, open houses, Home & School meetings. Using these meetings, we:

- Answer any questions
- Provide samples of upcoming menu items
- Distribute copies of school menus, cafeteria information, free/reduced application info
- Review “What Makes A Meal” collateral
- How to add money to student accounts/troubleshooting



Communications to Parents

- Methacton Feed newsletter posted on district website and other social media websites
- Weekly negative account balance and low balance alert emails go out each week



The Feed Methacton School District OCTOBER 2021

WELCOME BACK

HUMPTY DUMPTY HAD A GREAT... FALL?
September has come and gone; October is here in full force (and so is Halloween candy!) Aramark Food Services @ Methacton School District is working to bring you top requested menu items -- from beef nachos at the elementary schools, a create your own bistro bar at Arcola, to the return of Big Daddy's Pizza at the HS!

"In the entire circle of the year, there are no days so delightful as those of a fine October."
- Alexander Smith

FOOD SERVICES IS HIRING!

- ✓ Work while your children are in school
- ✓ Full time & part time positions available
- ✓ Competitive starting rate
- ✓ Uniform allowance
- ✓ Follow school schedule (No nights! No Weekends! No Holidays!)

Scan this QR Code to get started!

WHAT MAKES A MEAL?

To Make a BREAKFAST MEAL
Students must pick (3) items from the breakfast menu, one of which must be a ½ C fruit serving!
Examples: Yogurt Cup, Graham Crackers, Diced Peaches
- Or -
Mini French Toast, Apple, Box Milk

ACE'S CORNER


To Make a LUNCH MEAL
Students must pick 3 different food groups, one of which must be a ½ C fruit or ½ C vegetable serving.
Students may select an additional 3 fruit or vegetable offerings!
*French fries are excluded from duplicate vegetable selections

SUPPLIER DISRUPTIONS
COVID-19 and its aftereffects on a variety of the food supply chain will be felt for months to come -- partly due to the reduced labor force that the country has experienced in its wake. Aramark is taking all supplier constraints and vendor substitutions into account when planning menus with limited unexpected changes.
Your patience is greatly appreciated!

FEED YOUR POTENTIAL 365 (FYP365)
Healthy Snacks For Kids!
<https://www.fyp365.com/8-ways-to-make-healthy-food-fun-for-the-kids/>
This Edition: Roll It! | Dip It! | Layer It! | Shape It! | Build It!
feedyourpotential365™

Sysco **Tyson** **Doritos**

Questions?
